

Natural Help 4...

Emotional Pain



What is Emotional Pain?

Emotional pain can be described as **heartache that results from a painful experience**, such as the loss of a loved one. It can stem from depression, anxiety, disappointment, fear or guilt, and tends to worsen when you replay and relive painful, traumatic events that occurred in the past. **Emotional pain can become crippling** when it affects your mood, relationships, personal and professional life, and occupies your mind constantly.

What Causes Emotional Pain?

Many people experience **emotional trauma during their childhood** due to a variety of factors such as neglect, abuse, abandonment, or loss of a parent.

Emotional pain during adulthood may occur due to the end of a relationship, divorce, loss of a loved one, being a victim of crime, substance abuse, retrenchment or loss of employment.

Often, where **severe trauma** is experienced, **the person may be continuously haunted** by recurring nightmares and mental images, as in the case of a war veteran or a rape victim.

Others who suffer from **emotional pain may find themselves unable to stop dwelling on past hurts and disappointments**, and may struggle to let go of the painful memories. They may find themselves in a cycle of guilt and punishment - reliving the event over and over again in their minds.

As a result, an individual may fall into depression. They may find themselves plagued with feelings of worthlessness or hopelessness. Some **hide their pain or avoid facing their emotional trauma** by resorting to self-destructive behavior such as alcohol or drug abuse, aggression, repression or denial. Although it may seem like a coping mechanism, these actions are usually a cry for help – and for a proper way of coping.

Help for Emotional Pain

There are effective ways of **copings through emotional pain** and letting go of the traumas of the past. **Dealing directly with your emotions** and acknowledging **emotional trauma** is the first step to healing.

Treatments that aim to **help you claim your life back** and put things into perspective include:

- Counseling and psychotherapy

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- Cognitive behavioral therapy
- Meditation
- Spiritual therapy

Natural and holistic therapy can also offer help with **cop**ing through **emotional pain** as well as providing comfort and reassurance for the person suffering from **emotional trauma**. Herbal and homeopathic remedies are 100% safe, non-addictive and effective in **relieving the symptoms of emotional pain, lifting mood and reducing anxiety**. Herbs commonly used include Hypericum Perforatum (St. John's Wort), Skullcap and Passiflora, as they have calming and sedating properties.

Homeopathic treatment can also be very helpful, depending on symptoms and the constitutional makeup of the individual. A homeopath or naturopath will be able to advise you on natural remedy that suits your emotional needs.

As a holistic approach seeks to treat the underlying causes, and not just the symptoms of **emotional trauma**, a greater understanding of the affliction is achieved, leading to well-being and harmony.

More Information on Emotional Pain

While **cop**ing with **emotional pain**, it is important that you are good to yourself. **Treat yourself well** by focusing on yourself and your own happiness, while at the same time taking the necessary steps to work through the pain that you are dealing with.

Tips for Handling Emotional Pain

- Eat healthy, well-balanced meals
- Get sufficient rest
- Release physical stress through gentle exercise such as stretching
- Practice relaxation techniques such as deep breathing, meditation or yoga
- Keep a journal where you can record your feelings and emotions – this will also help you to become more in tune with yourself and locate the source of your pain
- Speak to someone that you are comfortable with and trust
- Take long, warm baths
- Treat yourself to a massage or spa treatment
- Express your pain creatively by painting, writing poetry or songs or scrap booking
- Join a support group and share your experience with others who may have been through the same thing
- Remember that you are special and unique – and deserve to lead a happy, fulfilling life!

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program.**

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself.** While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions.** Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease.** In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much,** if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

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It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘**standardized**’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

MindSoothe: Promote balanced mood and feelings of well-being.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.


MindSoothe can be used to safely **maintain emotional health, balanced mood, emotional wellness and systemic harmony** in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in **maintaining brain and nervous system health, emotional balance and overall well-being**.

[Learn more about MindSoothe](#)

PureCalm: Aids nervous system in stress resistance for balanced moods and feelings of well-being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially



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PureCalm can especially benefit those individuals needing **support overcoming worry, managing stress and to promoting inner calm** related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

MindSoothe Jr.: Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain's **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to **maintain balanced mood and optimum performance**. MindSoothe Jr. can be used to safely promote well-being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about MindSoothe Jr.](#)

Read the testimonials for these quality products [here!](#)

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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